iSPORT

Activity & Sleep Tracker

Bluetooth

User's Manual

Model: W240

MAIN FUNCTIONS

· Transmit data via Bluetooth Low Energy (Bluetooth 4.0).
· Time mode: display minute, hour, day, month and power status.
· Data display: current steps, calories, distance, exercise time and target completion rate.
· Sleep monitoring.
· 15 days total work out memory.

Function Parameter Range:

Steps：0～999999 Steps
Calories：0～999999 Kcal
Distance：0～9999.99 Km
Exercise time：00:00～23:59
Target completion rate：0～999%

OLED Screen Display And Operation

K1=MODE

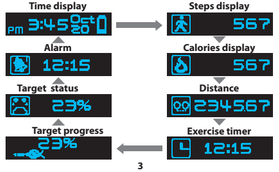
BASIC FUNCTIONS

BASIC FUNCTION

1. For the first time to use Activity Tracker,press and hold K1 for 5s to wake up the tracker and go to time mode.Time Display will be 12:00 by default.
2. Press K1 for 1s under time mode, scroll through step mode, calories mode, distance mode, exercise time mode, target goal mode, target status mode and alarm mode.
3. Relative logo icon will flash at 1HZ by dynamic images under any display mode.
4. Each pression of K1 will wake up the display and it will enter power saving mode automatically after no operation for 10 s under any mode display.
5. Clear all datas(steps, calories burned, distance, target goal) of the day at midnight.
6. Each press of K1 leads to 30s' automatic bluetooth match. If not synchronized in 30 s, press K1 again to sync.

Functions Switch Operation:

Switch Mode: Press K1 to switch modes in the following sequence.



MODE CHANGE

Bluetooth Synchronization

Display:
First step to ensure the connection and sync of APP and tracker.

Operation

1. Download & open APP--SETTING--DEVICE--REFRESH. Press k1 to wake up the Tracker. Choose "activity tracker X" to pair. If paired successfully, the screen displays " ✓ " for 3s and the tracker vibrates for 1s. The icon of device name will change from grey to blue color to show connection. If pair failed, tracker will have no response, APP will display "Connect lost" or "Connect fail".
2. There will be vibration reminder for the pair of each mode.

Remarks: At sleep mode, the tracker can not be searched.
The interface above will not show if the app is not sychronized. Please sync and set your personal information first.

Time Display

Functions

1. Current time & battery status display.
2. 12/24 hour display format switch. SETTING--Unit: If you select "Metric", time display will be in 24h format. If you select "Imperial", time display will be in 12h format.

MODE CHANGE

Operation
Mode change: press K1 for 1s to enter step mode.

Step Mode

Functions:
1. Display steps of current day.
2. Walking/running icon will switch alternately at 1HZ.

Operation
Mode change: press K1 to enter calories mode.

Calories Mode

Functions:
1. Display current calories burned.
2. "Calories" logo will change from small to big alternately at 1HZ.

Operation
Mode change: Press K1 to enter distance mode.

MODE CHANGE

Distance Mode

Functions:
Display current walking distance .The data is showed with two decimal places.

Operation
Mode change: Press K1 to enter exercise timer mode.

Remarks: If APP & tracker are not synchronized, the stride length will be (60cm or 24 inch) by default.

Exercise Timer Mode

Functions:
Display current exercise time.

Operation
Mode change: Press K1 to enter target progress mode.

Target Progress Mode

Functions:
1. Display current completed % of target goal.
2. Each small grid means 3% of target step.
The will increase when the goal finished increases.

MODE CHANGE

Operation
Mode change: Press K1 to enter target status mode.

Target Status Mode

Functions:
1. Display the % of the goal finished and the corresponding emotion logo.
2. "Smile" emotion shows when the target completion rate is more than 60% otherwise the "Sad" emotion shows.

Operation
Mode change: Press K1 to enter alarm mode.

ALARM MODE

MODE CHANGE

Display:
1. 4 alarms can be set. The interface will show the corresponding alarms you set on the APP. Please check the picture above.
2. When 4 alarms are turned off, the interface displays as above.
3. When alarm time arrives, the " " logo will flash for 30 s at 1HZ frequency and the band vibrates for 30 s.

Press "K1" when vibrating, alarm will stop and enter power saving mode.

Remark:
1. Alarm's 12/24h format will sync with smart bluetooth device.
2. After you save alarm(s) and sync with tracker, the tracker will display set alarm(s) for 2 s. If 4 alarms are set, then each alarm displays 2 s alternately and turn off to save power.
3. If you set alarm(s) but don't choose repeat day, the tracker will just ring once and turn off.

Exercise reminder

Display:
The exercise reminder mode will show as the picture above.

MODE CHANGE

Functions:
1. It is default not to display this mode. Only when you sync APP with the tracker and open "Reminder function" will work.
2. Set "No Exercise time", "Start time" and "End time" on "REMINDER" setting interface, SAVE and sync the tracker.
3. E.g. Set "No Exercise time": 20 minutes,"Start time": 09:00, "End time": 22:00. If user doesn't exercise for 20 minutes, the band will vibrate at 09:20 for 20 s and remind user to exercise. The Icon will falash alternately at 1HZ frequency. If the tracker detect user's movement during reminder time, it will recount. "Start time" will automatically change to the time when the user stops moving.

Sleep & Wake-up Mode

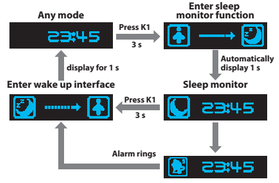
sleep monitor display

Display instruction:
Interface will show as picture on the right.

Operation
1. Press K1 for 3 s at any mode. It will enter sleep mode.

MODE CHANGE

2. At sleep monitor mode, press K1 for 3 s to wake up the tracker and go back to the mode before sleep monitor. When alarm rings under sleep mode, the vibration will also wake up the tracker.



Charging Mode

Functions:
1. The charging interface will show as picture below.
2. When battery remains 5%, it will flash and remind you to charge.

MODE CHANGE

TIPS:
1. The icon will always show when the tracker is charging.
2. Press "K1" key for 1s when charging, the time mode displays as picture below (The battery symbol also exist).

Charging mode

APP Name: iSport Activity Monitor

Compatible with

Compatibility		
Apple	iPhone 4S	IOS 6.0.0 or above
	iPhone 5	
	iPhone 5C	
	iPhone 5S	
	iPod	
	iPad	
Samsung	Galaxy S3	Android 4.3 or above
	Galaxy S4	
	Note II	
	Note III	

CARE & MAINTAINENCE

Care & maintainence

- Never attempt to disassemble or service your wristband.
- Keep it clear when using. Please use a lightly moistened cloth to wipe the dirt on the tracker. Do not expose the device to strong chemicals such as gasoline, clean solvents, acetone, alcohol, insect repellents, as they may damage the unit's seal, case and finish.
- Protect the unit from extreme heat, shocks and exposure to direct sunlight long time.
- Do not swing the wristband.
- Keep the tracker out the reach of children. If swallowed by mistake, please contact the doctor immediately.
- Do not drop the wristband in water or other liquids; put the unit in dry, ventilated, non-corrosive substances indoor.

FCC WARNING

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation.
If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
-- Reorient or relocate the receiving antenna.
-- Increase the separation between the equipment and receiver.
-- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
-- Consult the dealer or an experienced radio/TV technician for help.

IC WARNING

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.
Le présent appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio
exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne
doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage
radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.